

Learn about...

Chair Yoga

*Workplace deadlines, tension,
and stress got you standing on your head?*

September 16

12:00 p.m.

*West Conference Room
JRW Building, Boise*

Learn gentle and effective yoga techniques you can practice in your office sitting in or standing by your chair. Our instructor, Martha Hopper Smith, a certified, Registered Yoga Teacher, will also guide you through a basic yoga breathing method designed to help reduce stress and increase energy flow.

From this Lunch & Learn you'll gain quick tips and techniques you can use in your office right now!

Grab your lunch and make plans to join us!



 **Health Matters**

www.healthmatters.idaho.gov